



# Worksheet 5.1: Dairy and Good Nutrition

Complete the answers below.

1. List four nutrients found in milk:

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2. List one way each of the following nutrients help our bodies:

Calcium: \_\_\_\_\_

Protein: \_\_\_\_\_

Riboflavin: \_\_\_\_\_

3. Why it is important that we make good choices when it comes to choosing which foods we eat?

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**Fill in the missing blanks:** Write down the correct number of servings you should eat from each of the five food groups every day and write down a food you like to eat from each particular food group.

**Fruits:**  
♦ Servings: \_\_\_\_\_

**Grains:**  
♦ Servings: \_\_\_\_\_

**Dairy:**

**Milk:**  
♦ Servings: \_\_\_\_\_

**Protein:**  
♦ Servings: \_\_\_\_\_

**Vegetables:**  
♦ Servings: \_\_\_\_\_



# Worksheet 5.2: Dairy and Good Nutrition

**Additional Classroom Activity:** Record your results and answer the questions below.

- Describe the appearance of the calcium tablets in each of the glasses:  
— Soda Glass: \_\_\_\_\_  
— Milk Glass: \_\_\_\_\_
- Describe how this experiment would translate to the contrasting effects that soda and milk would have on your bones, which are made of calcium. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

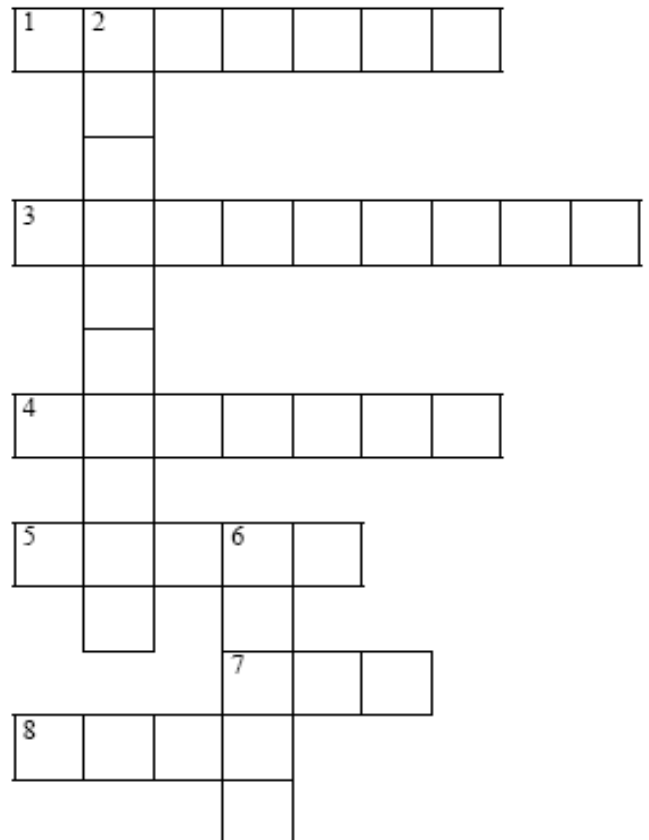
## **Complete the Crossword Puzzle:**

### ***ACROSS***

- Helps build and repair everything in the body.
- Keeps fluids balanced and blood pressure normal.
- Builds strong bones and teeth.
- Number of minutes we need of physical activity daily.
- Vitamin B<sup>12</sup> helps the body make blood cells.
- Number of food groups listed in the “MyPlate” nutritional guidelines.

### ***DOWN***

- Helps body change food to energy.
- Number of dairy servings we need each day.



***Writing Enrichment:*** On a separate piece of paper, describe a plan you could follow to make good choices for your health and wellness after school today. Include the foods you could eat and the physical activity you could engage in once you arrive home from school.

**Note to Teachers:** Answer keys to this worksheet are available on [www.discoverdairy.com](http://www.discoverdairy.com).

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